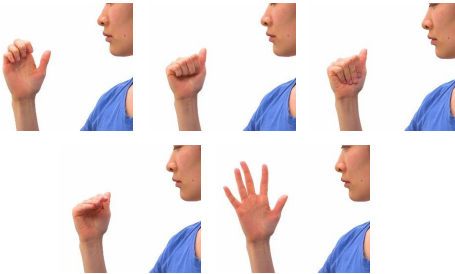




# Home Exercise Program for Trigger Finger

Seated Digit  
Tendon Gliding



**Setup:** Begin sitting upright with your wrist and fingers straight.

**Movement:** Bend the top and middle joints of your fingers, then bend the bottom joints, making a fist. Flatten the top joints of your fingers, keeping the middle and bottom joints bent, then straighten the middle and top joints into a tabletop position. Finally, straighten and spread your fingers. Return to starting position and repeat.

**Tip:** Make sure to keep the wrist straight during the exercise. Focus on moving slowly to feel a gentle stretch and avoid pain.

Thumb Opposition



**Setup:** Begin sitting with your hand in a comfortable position.

**Movement:** Touch the tip of your thumb together with one finger, then separate them and repeat with each of your other fingers.

**Tip:** Make sure to keep the rest of your arm relaxed during the movement.

Finger Spreading



**Setup:** Begin sitting upright in a chair with your hand resting flat on a table.

**Movement:** Spread your fingers apart as far as is comfortable, then bring them back together and repeat.

**Tip:** Make sure to keep your fingers on the table during the exercise.



# Home Exercise Program for Trigger Finger

Hand PROM Finger  
Extension



**Setup:** Begin sitting upright with your forearm resting on a table, palm down.

**Movement:** Keeping your involved hand relaxed, use your other hand to straighten your fingers at all three joints. Hold, then relax and repeat.

**Tip:** Make sure to move slowly and keep your wrist straight during the exercise.

Hand PROM MCP  
Flexion



**Setup:** Begin sitting upright with the side of your forearm and hand resting on a table.

**Movement:** Keeping your involved hand relaxed, use your other hand to bend the bottom joint of each finger at your knuckles. Hold briefly, before relaxing and repeating with the next finger.

**Tip:** Make sure to move slowly and keep your wrist straight during the exercise.

Hand PROM PIP Extension



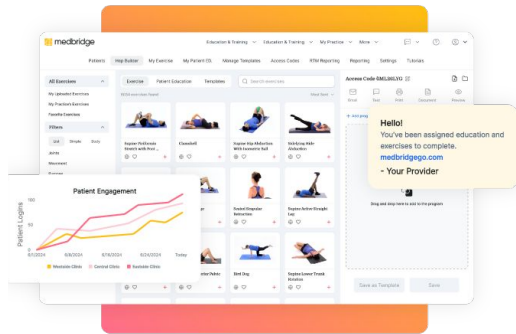
**Setup:** Begin sitting upright with your forearm resting on a table, palm down.

**Movement:** Keeping your involved hand relaxed, use your other hand to straighten your finger at the middle joint, placing your thumb on top of the joint and your index finger under the tip of your involved finger. Hold, then relax and repeat.

**Tip:** Make sure to move slowly and keep your fingers relaxed during the exercise.



# Home Exercise Program for Trigger Finger



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